

Weekly Rundown

11-17-2025

Practice Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
HP/SR1/SR2 5:15-7:30 pm	HP/SR1/SR2 5:15-7:30 pm	HP/SR1 5:15-6:30 am 5:15-7:30 pm	HP/SR1/SR2 5:15-7:30 pm	HP/SR1 5:15-7:00 pm	HP/SR1 7:00-9:15 am
JR1/2/3/4 4:45-7:00 pm	JR1/2/3 5:15-7:00 pm	JR1/2/3/4 4:45-7:00 pm	JR1/2/3/4 5:15-7:00 pm	JR/1/2 4:45-7:00 pm	JR1/2/3/4 7:00-9:15 am
G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm	G: 5:30-7:00 pm S: 5:30-7:00 pm B: 5:45-7:00 pm		G: 9:00-10:30 am S: 9:00-10:30 am B: 9:15-10:30 am
BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm		BG: 6:00-7:00 pm PT1: 5:30-6:15 pm PT2: 6:15-7:00 pm			BG: 9:30-10:30 am PT1: 9:45-10:30 am PT2: 9:00-9:45 am

*All practices are held at the Deaconess Aquatic Center, unless stated otherwise.

Normal schedule this week.

Coaches Corner

▶ Upcoming Events

- ▶ MTV Candy Cane Classic (Dec 5-7)
 - ▶ **Registration Deadline: Friday, Nov 21**
- ▶ FRST Holiday Season Slam (Dec 12-14)
 - ▶ **More info to come.**

- ▶ We hope to have the Thanksgiving break schedule out this week so be on the lookout for those schedule changes!
- ▶ Thank you to everyone who donated to the food drive last week!

Swimmer Spotlight

- ▶ Happy Birthday!
 - ▶ **Henry Mathias- 11/19**
 - ▶ **Viv Earnest- 11/20**
 - ▶ **Lily Graber- 11/21**
- ▶ Great job to the following swimmers who recently changed groups!
 - ▶ **Bronze- Hazel Buck, Everett Coulter**
 - ▶ **Silver- Kenley O'Brian**
 - ▶ **Gold- Vivian Aurand**
 - ▶ **Junior 4- Josie Ford, Ben Freeman, Kenzie Ruggles**

Positive Coaching Alliance

- ▶ The Worst Part Of Youth Sports For Kids Is The Car-Ride Home
- ▶ John O'Sullivan
- ▶ <https://www.youtube.com/watch?v=IINcTcPkGd0>

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